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Get the Most From Your Meat

A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, Wednesday, July 29, 1942, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the Blue Network.

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WALLACE KADDERLY:

Here we are in Washington. And first off here's Ruth Van Deman with a docket of news on meat--news, I imagine, that started to simmer in the Bureau of Home Economics laboratories some time ago.

RUTH VAN DEMAN:

Right you are, Wallace. It takes a lot of stewing and steaming, and simmering on the part of the experimental cooks, before a bulletin like this is ready to move into home kitchens. ---But here it is--Meat For Thrifty Meals--more than a hundred ways to cook and serve meat, so as to get the most in food value and flavor from every pound.

KADDERLY:

Most timely information, in view of our present situation on meat supplies.

VAN DEMAN:

No, does that situation stand as of today?

KADDERLY:

We're short on meat in some places. But the three point program announced by Secretary Wickard should begin to ease that up shortly. However, we've got to go on supplying enormous quantities of meat to our armed forces. The ration of a man in the service calls for much more meat than the average civilian eats.

VAN DEMAN:

And of course we're obligated to ship meat to our allies under Lend-Lease. We can't let them down.

KADDERLY:

We can't and we won't. Lend-Lease shipments must and will go on. Also there's an increased demand for meat here on the home production line. And of course it will take a while to straighten things out under the new price ceilings. Along with all these things, this happens to be the time of year when the fewest animals are marketed. Later in the fall there will be more hogs, more beef cattle, more lambs, more of all kinds of meat animals, moving from farm to market.

VAN DEMAN:

But even so, we'll still need to be thrifty, won't we, in the way we use every pound of meat we have?

KADDERLY:

Very definitely so. The demand on our meat supplies exceeds anything in our history. To meet it we have a larger supply in prospect than ever before. But we

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have no meat, or any other food, to waste - or to be careless with---not until we've won this war and won the peace to follow.

VAN DEMAN:

Well, that seems to put it pretty squarely up to us as meat consumers to do a better job.

KADDERLY:

Don't you think we can?

VAN DEMAN:

Of course I do. I think we can do a better job of shopping for meat, and cooking meat, and planning good meals to eat, with and without meat. We've got the chance of our lifetime to show what we know about food values, and about combining a flavorful food like meat with bread and cereals and vegetables. Just let your eye wander down that list of recipes in this new bulletin, Wallace. Any lack of ideas there?

KADDERLY:

So many ideas I hardly know where to start. These recipes all call for the cheaper cuts of meat I suppose.

VAN DEMAN:

Yes, mostly forequarter cuts. And you see the way the savory meat flavor's stretched with bread crumb stuffing in shoulder roasts---noodles with braised chops ---sweet potatoes with pork---hot potato salad with frankfurters.

KADDERLY:

I'm looking at a series here called --stews in variety. I don't quite see---

VAN DEMAN:

Stew by any other name tastes better you know.

KADDERLY:

So that's it - just a matter of names. I couldn't quite figure beef steak pie as a stew.

VAN DEMAN:

Certainly it is. First it's a stew, beef and vegetables - all cooked together, nice and savory. Then it gets a cover - a cover of rich biscuit dough browned to a turn in a hot oven. A beef steak pie with five or six servings - all from one pound of beef.

KADDERLY:

Sure it's not a miracle.

VAN DEMAN:

Of course it's a miracle - a miracle of good cooking and smart planning to make a small quantity of meat go a long way. And there are tricks to it too - tricks like browning the meat in a little fat at the start, to develop rich flavor. Then simmering the meat in a little water, holding the heat down so as not to shrink up the meat protein and make it tough and hard. That's all part of making the most of meat too.

KADDERLY:

Ruth, I don't doubt that with these excellent tested recipes as a guide, many miracles can be and will be wrought in many kitchens. That is if this new meat bulletin is ready to go into kitchens.

VAN DE LAN:

I wouldn't have dared bring it up here if it wasn't free and ready for the asking. I see Steve Douglas eyeing this announcement copy.

KADDERLY:

Ad lib offer.

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